

Medical professionals and programs focused on care of the heart and heart problems including cardiologists and cardiac rehabilitation.

Article

Mindfulness training can boost heart-healthy eating

Meditation and other mindfulness training could help people stick to a healthy eating plan.

Source

[National Institutes of Health](#)

Article

Heart Failure Caregiver Navigator: Mapping Your Caregiver Journey

Caring for someone who has heart failure can be challenging. The Heart Failure Caregiver Navigator provides resources to help caregivers navigate this diagnosis.

Source

[Caregiver Action Network](#)

Article

Guidelines: Cholesterol should be on everyone's radar, beginning early in life

Check out this article from the American Heart Association News on the new cholesterol guidelines.

Source

[American Heart Association News](#)

Links

Centers for Disease Control and Prevention (CDC): Heart Disease

Source

[Centers for Disease Control and Prevention \(CDC\): Heart Disease](#)

Article

Heart Health and Aging

Your heart is a strong muscle about the size of the palm of your hand. Learn about how your heart changes with age, signs of heart disease, and ways that you can keep your heart healthy.

Source

[National Institute on Aging](#)

Links

American Cancer Society: Target Heart Rate Calculator

Source

[American Cancer Society: Target Heart Rate Calculator](#)

Links

National Institutes of Health: Smoking and Your Heart

Source

[National Institutes of Health: Smoking and Your Heart](#)

Links

American Heart Association: Caregiver Support

Source

[American Heart Association: Caregiver Support](#)

Links

Vascular Disease Foundation

Source

[Vascular Disease Foundation](#)

Links

NIH: National Heart, Lung, and Blood Institute

Source

[NIH: National Heart, Lung, and Blood Institute](#)

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